

**“BOGDAN VODĂ” UNIVERSITY OF CLUJ-NAPOCA  
 FACULTY OF PHYSICAL EDUCATION AND SPORTS  
 SPECIALIZATION: PHYSICAL AND SPORTS EDUCATION  
 2010-2011 ACADEMIC YEAR**

**DISCIPLINE FILE**

<b>Name of discipline</b>	Training methodology of certain areas of sports - HANDBALL				
<b>Code of discipline</b>	EB 3105	<b>Year Semester</b>	III 5	<b>Number of credits</b>	8

<b>Faculty</b>	Physical Education and Sports	<b>Number of courses Semester /activities</b>		
<b>Profile</b>	Physical Education and Sports	<b>Total</b>	<b>C</b>	<b>LP</b>
<b>Specialization</b>	Physical and Sports Education Baia Mare	56	28	28

<b>Course type</b> DF – fundamental, DG – specialize, DC – complementary	DS
<b>Optional course category: DI – imposed, DO – optional, DF – facultative</b>	DO

<b>Prevision disciplines</b>	<b>Mandatory disciplines (conditioned)</b> EB 2103
	<b>Recommended</b>
<b>Objectives</b>	<ul style="list-style-type: none"> <li>○ Raising student's mastery of the sport</li> <li>○ Acquisition of professional knowledge required by a coach (teacher) to work with groups of children and juniors.</li> <li>○ Adapting tactical and technical knowledge of a handball game to be taught at different age levels</li> <li>○ Acquiring the knowledge required for an official performance of the referee.</li> <li>○ developing the ability of using the acquired knowledge as organizer of sportive events</li> </ul>
<b>Content (description)</b>	<b>Course Content</b>
	Recovery Strategy during a handball game
	Technical and tactical content of the game of handball in attack
	Technical and tactical content of the handball game on defense
	The goalkeeper's physical training
	Technical and tactical training of a goalkeeper in handball
	Theoretical training of a handball goalkeeper
	Psychological training of a goalkeeper in handball
	Methodology training of a goalkeeper in handball

	Goalkeeper's Training
	Selection of children and junior in handball
	<b>Practical course content</b>
	<i>Achieving optimal indexes of expressing basic and specific motor qualities, as well as the correct and effective usage of basic and specific motor skills in complex motor activities, specific for this sport.</i>
	<i>Effective usage of learned techniques and tactics.</i>
	<i>Obtaining optimum performance, reflected in results, through evaluation of bio-metric, technical, tactical and psychological potential</i>
	<i>Aware and motivated participation and continuous manifestation of the spirit of competitiveness, in preparing activities, contests and sports competitions.</i>
	<i>Permanent proper behavior in contests and sports competitions.</i>
	<i>Partial management of classes using appropriate means for different echelons of the table contained in the handball performance.</i>
	<i>Practical exam.</i>

<b>Evaluation form (E – exam, C – colloquy/final test, CW – control works): sem 5 – C,</b>	
<b>Final grade (percentage)</b>	<b>Activity during courses P. C.– 75 % Different projects on handball Project / essays/ homework</b>
<b>Selective bibliography</b>	<ul style="list-style-type: none"> <li>- <b>Baroga L. – 1995</b> – „Calități fizice combinate”, Ed. Editis, București.</li> <li>- <b>Colibaba-Evuleț D., Bota I. – 1998</b> – “Jocuri sportive – teorie și metodică”, Editura Aldin, București.</li> <li>- <b>Dragnea Adrian și Teodorescu Silvia-Mate – 2002</b> – „Teoria Sportului”, Editura Fest, București.</li> <li>- <b>Dragnea A. – 1996</b> – „Antrenamentul sportiv”, EDP, București.</li> <li>- <b>Ghermănescu, I.K., Hnat, V. - 2000</b> „Handbal, Ed. Fundației „România de mâine”, București.</li> <li>- <b>Ghermănescu, I.K., Jianu, Negulescu, Gogâltan – 1983</b> „Teoria și metodică handbalului”, Ed. Didactică și Pedagogică, București.</li> <li>- <b>Macra-Oșorhean Maria, T., Rusu, T. Bogdan – 1999</b> – “Handbal. Teoria, practica și metodică instruirii”, Ed. Casa Cărții de Știință, Cluj-Napoca.</li> <li>- <b>Macra-Oșorhean Maria, Bogdan Tudor – 2003</b> – “Handbal, curs de bază”, Ed. Risoprint, Cluj-Napoca.</li> <li>- <b>Popescu C. și colab. – 1996</b> – „Concepția de joc și pregătire”, CCPS, București.</li> <li>- <b>Scarlat E., Scarlat M. B. – 2002</b> – „Educație Fizică și Sport - manual pentru învățământul gimnazial”, Ed. Didactică și Pedagogică, București.</li> <li>- <b>Sotiriu, R. - 1998</b> „Handbal. Teorie, antrenament, metodică”, Ed. Garold.</li> <li>- <b>Vick W., Busch H., Fischer G., Kock R. – 1995</b> – „Pregătirea de handbal în sală”, CCPS, București.</li> <li>- <b>Voicu, S.F., - 2003</b> – „Handbal. Pregătire pentru performanță.”, Ed. Universității de Vest, Timișoara.</li> <li>- <b>Zamfir, Gh., Florean, M., Tonița, T. – 2000</b> – “Handbal. Teorie și metodică”, ED. Praxis Media, Cluj-Napoca.</li> <li>- <b>Zamfir, Gh., Florean, M. – 1996</b> – „Handbal, curs de specializare an III”, Cluj-Napoca.</li> </ul>

	- *** - 2001 - „Regulamentul de joc”.				
<b>Necessary educational materials list</b>	<ul style="list-style-type: none"> <li>- Handball ball</li> <li>- Handball gates</li> <li>- Nets for the handball gates</li> <li>- Two-color vests</li> <li>- TV and video player</li> </ul>				
<b>Coordinator of discipline</b>	<b>Didactic title</b>	<b>Title</b>	<b>First name</b>	<b>Last name</b>	<b>Signature</b>
	<b>Lecturer</b>	<b>PhD</b>	<b>Maria Daniela</b>	<b>Macra Oșorhean</b>	